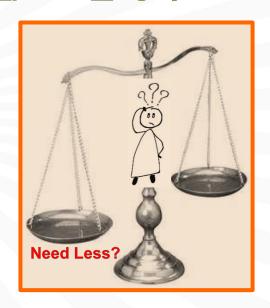
EPISODE 99: NEED LESS OF THESE DURING FASTING?

The Fasting Podcast WOW (Wellness & Optimal Weight)







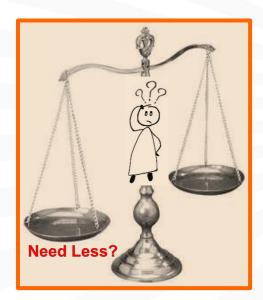
Host: Julie Phillips, CNHP



What Might We Need LESS of?



- Sweeteners even natural ones
- Table salt
- Fats (especially trans/hydrogenated fats but even natural ones)
- Meat (especially with hormones, steroids, antibiotics but even natural ones)
- Energy drinks & specialty coffees & smoothies
- Plastic bottled water & usually don't need more than 100 ounces
- Creamers
- Dairy
- Inorganic food & drink especially junk food
- Number of meals and hours eating during the day
- Stress







Possible Next Steps

- ✓ For questions or suggestions contact <u>Julie@JPWOWPrograms.com</u>
- ✓ PLEASE Refer others & check out our website that includes the slides for each episode, our favorite WOW natural products, a blog & the new WOW Lifeboat Freedom video system for income from the WOW natural products www.jpwowprograms.com



Stay Positive, Focused, & Determined Because Where the Mind Goes, Energy Flows... Ernest Holmes





